REGINA metro®

NEWS WORTH SHARING.

'Chocolate king' to lead Ukraine

Billionaire candy tycoon Petro Poroshenko wins the vote, but will he bring sweet harmony to bitter nation? PAGE 4

CANADIAN SHOWS CANNE-DO SPIRIT

DIRECTOR XAVIER DOLAN WINS JURY PRIZE AT PRESTIGIOUS FILM FEST. USE METRO AR TO WATCH A CLIP FROM HIS NEW FILM, MOMMY PAGE 9

THAT'S JUST TUTU CUTE

A group of youngsters performs as part of a Youth Ballet and Contemporary Dance of Saskatchewan recital at Conexus Arts Centre on Sunday. The dancers took the stage during a portion of the program based on fairy tales, including Twelve Dancing Princesses, Princess and the Pea and Sleeping Beauty. The company also held a recital on Saturday night. ROSS ROMANIUK/METRO

Wildfire forces evacuation of northern town

Stanley Mission. Hundreds find refuge elsewhere as blaze threatens community's sole access road

MORGAN MODJESKI
Metro in Saskatoon

Officials have ordered an evacuation of Stanley Mission First Nation as a wildfire threatens the northern Saskatchewan community's only access road and power source.

More than 900 people were evacuated between Saturday at 7 p.m. and Sunday at 2 a.m. before crews ushered out approximately 600 more people from the area about 460 kilometres northeast of Saskatoon.

"Currently we don't have an immediate threat on the community," Steve Roberts, executive director of the Saskatchewan government's wildfire branch, told media in a conference call on Sunday.

"In general, the fire proximity is within five to 10 kilometres of the community itself, but our main concern is having the sole access point cut off."

The largest of nine wildfires in Saskatchewan, the blaze north of Stanley Mission is said to cover about 4,000 hectares.

To help crews trying to stop the fire from reaching the road, response teams and aircraft have joined the battle.

Saskatchewan's water bombers are fighting the blaze out of La Ronge, about 80 kilometres away, and the province has ordered further aerial support from Ontario.

"The community always pulls together and the surrounding communities come together to help," said Tammy Cook-Searson, chief of the Lac La Ronge Indian Band, which represents Stanley Mission.

"We're hoping today that everything goes well, but we still have the threat of the fire crossing the road and closing off access."

Evacuees are being housed across Saskatchewan. About 400 people are at the Henk Ruys Soccer Centre and hotels in Saskatoon, while 90 people are at hotels in La Ronge and Prince Albert. Another 430 are with friends and family members across those three centres.

Deanna Wysoskey, provincial co-ordinator of emergency social services, said the government is able to accommodate 1,100 more people if needed.

Emergency liaison crews were sent in on Wednesday after two fires, one of which has since been brought under control, approached the community.

TIME IS TICKING AWAY... RETIREMENT TOTAL LIQUIDATION SALE!

FLOORING

5/16" Engineered Hardwood
4 colors ..... Start at $2.30 S.F.
Armstrong Grand Illusions Premium Laminate ..... Start at $3.50 S.F.
Dura Ceramic, Alterna, Adura
Over 50 styles & colors ..... Start at $3.75 S.F.

FURNITURE & ACCESSORIES
(kitchen tables, pictures, lamps, mirrors, coffee & end tables)
TAKE AN ADDITIONAL 10% OFF*
of Sale tags of items already reduced.
(up to 70% OFF*)
(items in front of lower warehouse*)

TOTAL INVENTORY OF APPROX. $1,500,000,00 OF TOP QUALITY FLOORING, FURNISHINGS AND ACCESSORIES, EVERYTHING DRASTICALLY PRICED TO GO!

fiorante FLOORS & HOME FURNISHINGS

See Store For Details*

SERVING REGINA AND SOUTHERN SASKATCHEWAN FOR 42 YEARS! Open: Monday to Saturday, 9:00 a.m. to 5:30 p.m. Closed Sunday (306) 757-1500 2410 Dewdney Ave., Regina

Do you know why a mortgage document is so big?

It's because there's a lot more in it than just the rate.

Why lowest isn't always best.

Don't get us wrong. A low rate is great. But most low rate mortgages come with restrictive terms that could keep you in your mortgage longer than you'd like. Which means paying interest longer than you'd like. So, instead of thinking about the cost of your mortgage in rate terms, think about it in dollar terms. For example, how much interest will you pay over the life of your mortgage?

How restrictive terms cost you in the end.

The key to saving interest costs is having the flexibility to increase payments or make extra payments. With rates as low as they are, regular lump sum and increased payments will save you more interest over the life of your mortgage. Even more than switching to bi-weekly payments![†]

Good advice is worth its weight in gold.

Locking in at today's low rates might be right for you. But keep in mind that small changes can make a big difference in helping you become mortgage-free faster so keeping that flexibility is essential.

So how can we offer a rate this low with the benefits you want?

Since we refuse to overload our mortgages with restrictions and we insist on giving people competitively low rates, the only way we can do it is for a limited time.

SPECIAL OFFER MORTGAGE RATE

2.97%* FIXED 5-YEAR TERM | **2.47%*** VARIABLE 5-YEAR TERM

Apply by June 7, 2014.

With a rate this low, we can only offer it for a limited time.

To take advantage of this limited offer, talk to a Scotiabank® advisor today.

www.scotiabank.com/mortgagerates

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.

* All mortgages are subject to applicable credit approval, Scotiabank residential mortgage standards and maximum permitted loan amounts. **Scotiabank 5-Year Fixed Rate Special** – The new mortgage must be set up as a 5-year closed term fixed rate mortgage at a rate of 2.97%. As of May 22nd, 2014, if there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.97% equals 2.95% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 3.02% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. ***Scotia Flex Value*® Mortgage Special** – Scotiabank Prime as of September 9, 2010 was 3.00%. As of May 22nd, 2014, the *Scotia Flex Value*® Mortgage – Closed 5 Year Term was 2.47%. If there are no 'cost of borrowing' charges (for example, appraisal fees), the APR for the rate of 2.47% equals 2.46% (compounded semi-annually, not in advance). Where a typical appraisal fee of $300 is assumed (actual appraisal fees may vary), the APR equals 2.52% (compounded semi-annually, not in advance), for a term of 5 years – assuming a mortgage of $100,000 with a 25-year amortization. The *Scotia Flex Value*® Mortgage interest rate varies with Scotiabank Prime.
These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

Study $82K over budget

City hall. Taxpayer advocate urges accountability after big jump in wastewater report's contract value

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

A national watchdog group is calling for better accountability at city hall after a consultant's report on regional collaboration opportunities for wastewater services went $82,000 over budget.

Colin Craig, Prairie-region director for the Canadian Taxpayers Federation, says city officials need to be more vigilant when it comes to safeguarding the public purse.

"When it comes to large expenditures, there needs to be accountability in terms of cost overruns," Craig told Metro from Winnipeg on Sunday.

"Does everyone just shrug their shoulders, or is someone actually going to face some sort of penalty for not budgeting correctly?"

Craig says the amount over budget appears "fairly high" for a consultant's report, though he cautions against prematurely ringing alarm bells over a possibility that this will lead to the city's planned wastewater treatment plant exceeding its projected $224-million price tag.

In 2013, city staff awarded consulting firm CH2M-HILL a contract to conduct a study on the region's water services.

As the project progressed, however, the scope of the study was "updated" to account for the "unanticipated additional amount of consultation time" required with stakeholders, according to a report prepared by administrative staff and slated to go before council on Monday.

The report says the study was also expanded to include an already planned inter-municipal utility-rate review to allow for a more "complete picture of the costs and opportunities for regional collaboration."

"Administration ... increased the (study's) contract value by $82,000 to a total of $576,275.95," the report states.

That's a wrap for arts festival

Actor and playwright Daniel Macdonald reads poetry on Sunday at Regina's Mercury Café and Grill as part of the Hair of the Dog Café that wrapped up the Cathedral Village Arts Festival. Other readings were done by Saskatchewan poet laureate Judith Krause and Saskatchewan Book Award finalist Joanne Weber. The festival — held annually — included a street fair on 13th Avenue on Saturday, as well as many other events throughout its seven days. COURTESY BERNADETTE WAGNER

Boundary changes possible for council wards

Regina is eyeing a potential adjustment to the boundaries of its 10 city council wards to reflect shifting population patterns and to incorporate newly annexed land from the neighbouring Rural Municipality of Sherwood.

The city's wards commission recently unveiled a map of proposed boundaries for viewing on Regina's municipal website. Boundaries of wards in the east, west, northwest and southwest have been moved to incorporate land absorbed by the city as part of last year's annexation agreement.

"Boundaries of the 10 city wards used during municipal elections have been reviewed and are changing to ensure the city's population is distributed evenly between each ward," states a message on the city's website.

"The Regina municipal wards commission developed the ... proposal to update the current ward boundaries, which were established in 2011."

It appears that no voters would become residents of different wards, according to the map. The changes appear poised to affect only RM of Sherwood residents who would fall within the city's enlarged area.

The map will be on display to the public at city hall from June 9 to 13. The commission will hold public hearings on July 3 to provide information and solicit feedback.

After the hearings, the commission will finalize its boundaries proposal and submit it to council. MARCO VIGLIOTTI/METRO

Ukraine's decision day

Presidential election. Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'

A Ukrainian soldier, with his daughter, casts a ballot during voting in the presidential election at a polling station in the village of Kovyri in western Ukraine, Sunday. Inset: Ukrainian presidential candidate Petro Poroshenko speaks to press at a polling station in Kyiv, Sunday. PETRO ZADOROZHNYY/THE ASSOCIATED PRESS; INSET: SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was former prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new president," a confident and composed Poroshenko told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has showed today for me and my team."

The tycoon pledged that his first steps as president will be "to put an end to war, chaos, crime and to bring peace to the Ukrainian land." He also said his first visit would be to Donbass, Ukraine's eastern industrial region.

Poroshenko ducked the question whether he was prepared to work with Russian President Vladimir Putin but said Kyiv would like to negotiate a new security treaty with Moscow. THE ASSOCIATED PRESS

Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region.

Fighting broke out Sunday in the Luhansk town of Novoaidar. Sergei Melnichuk, a Ukrainian army battalion commander in Novoaidar, said about 50 armed pro-Russia rebels attacked a polling station trying to seize ballots but government forces thwarted the move and captured 13 rebels. The Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. THE ASSOCIATED PRESS

A woman cries after hugging a pro-Russian gunman in Lenin square in Donetsk, eastern Ukraine, Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Thai military threatens action on protesters

Soldiers drive away a van carrying an unidentified Thai woman as anti-coup protesters, right, attempted to harm her during a demonstration in Bangkok, Thailand, Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Thailand's ruling military council stiffened its warnings Sunday against protests over its takeover of power, with its patience apparently wearing thin over demonstrations that have been growing in size and boldness.

The warning came a day before the coup leader, Army Commander Gen. Prayuth Chan-ocha, was expected to receive the king's endorsement formalizing his status as head of government.

After that, it's anticipated Prayuth may announce plans for reshaping Thailand's political scene with an interim constitution to replace the one scrapped by the army after Thursday's coup, and an appointed legislative body.

After three days of tense but mostly nonviolent confrontations between protesters and security forces, a spokesman for the ruling National Council for Peace and Order warned that officials may need to strictly enforce an army-imposed law that prohibits people from demonstrating against the coup.

Hinting that the army was ready to cast off restraint, Col. Winthai Suvaree said that in case of clashes in which losses or injuries incur, no compensation can be claimed because the country is under martial law.

"I want fathers, mothers, brothers and sisters to warn their families that there is no benefit in coming out to oppose (the coup)," Winthai told reporters.

On Sunday, protesters against the coup appeared to number as many as 2,000, growing from a few hundred on Friday. THE ASSOCIATED PRESS

Military custody

The military has sought to limit the protests by detaining figures who might play leadership roles.

- The junta has defended the detentions of former prime minister Yingluck Shinawatra, most of the deposed government's cabinet, and dozens of politicians and activists.

Exit polls

EU Parliament shifts to the right

Exit polls show the far right and Euroskeptics have made sweeping gains in European Parliament elections, signalling a major political shift toward parties that want to slash the European Union's powers or abolish it altogether.

Polls in recent days had predicted Euroskeptics could snag as many as a third of the seats in the EU's 751-seat legislature in the vote ending Sunday.

One of the most significant winners appeared to be France's far-right National Front. Two polling companies said Sunday that the party, led by Marine Le Pen, was the outright winner in France with one-quarter of the popular vote. THE ASSOCIATED PRESS

Egypt

Interim president promises fair election

Egypt's interim president urged Egyptians on Sunday to come out and vote in this week's presidential election, saying the vote will shape the nation's future.

In a televised address, Adly Mansour also sought to assure Egyptians that state institutions, including his office, would not interfere in the Monday and Tuesday voting.

"Let us all come out tomorrow and the day after to express our free choice. Choosing, without being guided or dictated to, the person we trust to have the ability to build and run the nation," Mansour said. THE ASSOCIATED PRESS

Sweden

Feminist party enters EU Parliament

Exit polls by Sweden's public broadcaster SVT shows the country's Feminist Initiative Party entering the European Parliament for the first time.

Poll results from SVT Sunday suggested seven per cent of Swedes back the feminist party, which wants to boost the rights of women and minorities in the European Union. The party has presented itself as counterweight to EU right-wing movements with the slogan "Replace the racists with feminists!"

The poll showed far-right Sweden democrats with seven per cent support compared to 3.3 per cent in 2009. THE ASSOCIATED PRESS

Pope expresses solidarity with Palestinians

Holy Land pilgrimage. 'I am with you,' Pope Francis told children at Dheisheh refugee camp in Bethlehem

Pope Francis arrives to meet children in the Dheisheh refugee camp, near the town of Bethlehem, on Sunday. VINCENZO PINTO/THE ASSOCIATED PRESS

Pope Francis delivered a powerful boost of support to the Palestinians during a Holy Land pilgrimage Sunday, repeatedly backing their statehood aspirations, praying solemnly at Israel's controversial separation barrier and calling the stalemate in peace efforts "unacceptable."

In an unscripted move, Francis arranged a meeting between the Israeli and Palestinian presidents at the Vatican next month. The meeting, while largely symbolic, shows how the Pope has sought to transform his immensely popular appeal into a moral force for peace.

On the second day of a three-day swing through the region, the Pope arrived in Bethlehem, the birthplace of Christianity, before heading to Israel for the final leg of his visit.

While Francis mingled warmly with his Israeli hosts, his trip to Bethlehem included the day's most powerful images as he expressed sympathy and solidarity with the Palestinians.

"I am with you," he told a group of Palestinian children at a stop in Bethlehem's Dheisheh refugee camp.

Even the Pope's arrival in Bethlehem — by helicopter straight from Jordan — carried important symbolic significance. Past papal visits to the West Bank have come through Israel, which captured the territory in the 1967 Mideast war.

Jubilant Palestinians cheered Francis as he arrived in Bethlehem's Manger Square, shouting "Viva al-Baba!" or "Long live the Pope!" THE ASSOCIATED PRESS

Poland

The general in tinted glasses dies

Poland's last communist leader, the general in tinted glasses, died Sunday at age 90 after a long struggle with cancer.

Born into a patriotic and Catholic Polish milieu, Gen. Wojciech Jaruzelski and his family were deported to Siberia by the Red Army during the Second World War. Despite his suffering at Soviet hands, Jaruzelski faithfully imposed Moscow's will on his subjugated nation until communism crumbled across the region in 1989. Poland is deeply divided over whether to view Jaruzelski as a traitor or as a patriot who made an agonizing decision to spare the country the bloodshed of a Soviet invasion.

Jaruzelski stirs up these emotions for his defining act: his 1981 imposition of martial law, a harsh crackdown aimed at crushing the pro-democracy Solidarity movement founded earlier by Lech Walesa.

"Those times were complicated; I'm leaving the assessment to God," Walesa said. THE ASSOCIATED PRESS

Shark fishing in Indonesia

A worker weighs a shark in Banyuwangi, Indonesia, on Sunday. Indonesia has become one of the major exporters of meat and shark fins in the world. The Indonesian government is tightening regulations for the fishing of sharks and manta rays, which are now included in the Convention on International Trade in Endangered Species. ROBERTUS PUDYANTO/GETTY IMAGES

metro

WITH THE METRO NEWS APP 2.0, THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...

Jamaica

Lobbyists urge government to decriminalize pot

Lobbyists in Jamaica are urging the government to move quickly to decriminalize pot and establish a local medical marijuana industry.

The Cannabis Commercial and Medicinal Research Taskforce organized a three-day conference on marijuana decriminalization with Jamaica's largest university. It ended Saturday.

On Sunday, the lobbyists issued a 12-point roadmap they want the government to follow. They assert Jamaica can significantly benefit from cannabis commercialization.

Pot has been pervasive but outlawed in Jamaica for a century. But with some successes by the legalization movement around the globe, there's a growing push to lift restrictions on the Caribbean island. Some cabinet ministers have publicly taken up the idea, but the government has provided little indication of its thinking on the issue.

THE ASSOCIATED PRESS

Jewish Museum attack. Belgium launches manhunt for suspect

Belgium launched a nationwide hunt Sunday for a lone gunman who walked into the Jewish Museum, unpacked a Kalashnikov rifle, killed four people with a short burst of fire, packed up and briskly walked away.

Saturday's attack led Belgian officials to raise anti-terror measures and increase the protection for Jewish sites for what was widely seen as an anti-Semitic attack. It happened on the eve of Belgium's nationwide election and as voters across the continent picked a new European Parliament.

Video of the attack showed an athletic man with a cap walking with determination into the small Jewish Museum in the swank Sablon area. He quickly carried out what was apparently a preplanned attack. The assault took a minute at most.

The fourth victim died Sunday afternoon, according to a government official who asked not to be identified because the news had not yet been officially announced.

No one has claimed responsibility for the killings. Leaders from Belgium and France, Pope Francis, Israeli leader Benjamin Netanyahu and others condemned the cold-blooded attack.

"We call on the whole population to help identify this person," deputy prosecutor Ine Van Wymersch said Sunday before three separate videos and still photos of the attack were posted on the federal police website. None have a clear view of the man's face.

She said the gunman who killed an Israeli tourist couple, a French woman and a Belgian man "probably acted alone, was armed and well prepared."

THE ASSOCIATED PRESS

A boy looks at candles and flowers at the entrance of the Jewish Museum in Brussels, Sunday. YVES LOGGHE/THE ASSOCIATED PRESS

A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif.

DAVID MCNEW/GETTY IMAGES

Killer blamed women who rejected him

California college rampage. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on The Hunger Games, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman. And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slobs," and that after his rampage "you will finally see that I am, in truth, the superior one, the true alpha male."

Sheriff Bill Brown, appearing on CNN on Sunday, said that investigators are tying up a few ends, but "for the most part, I think, we have a pretty clear picture of what happened."

The first three killed Friday were male stabbing victims in Rodger's own apartment whose names have not been released, Brown said Saturday.

Then, at about 9:30 p.m., the citywide shooting and vehicle-ramming rampage began.

His first stop was the Alpha Phi sorority, which he had called "the hottest sorority of UCSB."

"I know exactly where their house is and I've sat outside it in my car to stalk them many times," Rodger wrote in his extensive manifesto titled My Twisted World.

No one answered the door after one to two minutes of aggressive pounding, but he soon shot three women who were standing nearby, killing two of them, 19-year-old Veronika Weiss and 22-year-old Katherine Cooper.

He then drove to a deli where he walked inside and shot and killed another UC Santa Barbara student, 20-year-old Christopher Michaels-Martinez, the sheriff said.

"Chris was a really great kid," Michaels-Martinez's father said at a news conference where he choked back tears and eventually collapsed to his knees in agony. "Ask anyone who knew him. His death has left our family lost and broken."

Michaels-Martinez was the last one killed, but the rampage would continue as Rodger drove across Isla Vista, shooting at some and running down others with his car, twice exchanging gunfire with deputies. He was shot in the hip, but the gunshot to the head that killed him was thought to be self-inflicted, Brown said.

Thirteen people were injured, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Just four of the injuries were considered serious. Brown told CNN on Sunday that investigators were still finalizing next-of-kin notifications and positive identifications.

Deputies found three semi-automatic handguns with 400 unspent rounds in his black BMW. All were purchased legally.

THE ASSOCIATED PRESS

Police warned: Lawyer

According to the Rodgers' lawyer, the family warned the police about the videos. Deputies visited Rodger last month after being alerted by local health officials, who had been in touch with the family. They concluded he posed no threat.

The right to be forgotten vs. the First Amendment

Privacy. An American is pinning the recent court ruling on search-engine results on 'prissy European sensibilities'

Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers who want the right to have their last mistress forgotten."

Mountain View, Calif.-based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual. THE ASSOCIATED PRESS

Marketing. Sex sells, and so do punny names, for businesses building buzz

They taste a lot better than they sound.

If you have been in Ottawa recently and tried one of Angela Firman and Kathy Aldridge's Hot Cream Holes, or stuffed your face with Maria and Claudio Santamaria's Bunz and Ballz, you know what I mean.

Yes, the names are sexual and that's no accident when you talk to the two ladies serving up hot donuts stuffed with ice cream. They know just how well sex sells.

"We had some guys giggling and laughing and I noticed they were like, 'Oh, Hot Cream Holes,'" said Aldridge.

"And I said, 'Come on, guys, you know you want to try a Hot Cream Hole,' and they were like, 'Yeah, we are definitely coming back.'"

And the taste of a warm donut stuffed with ice cream with caramel and salt drizzled on top is what you'd expect: orgasmic. They have other flavours too: Ivana S'More and Plane Jane.

Now if you're not ready for dessert yet, take a bite of Santamaria's Bunz and Balls — Italian arancini and ravazzata stuffed with ground beef, green peas and a homemade ragù sauce.

Maria told Metro that while the name is a bit racy, customers didn't really take note until they added the cannoli to complement the Bunz and Ballz — a long, skinny dessert shaped like, well, you get it.

One might think risqué restaurant names to be a deterrent for foodies, but marketing expert Ian Capstick of Media-Style had one word when told about the two new Ottawa businesses: "Awesome."

He said that a good brand goes beyond just a name, but encompasses the entire philosophy and personality of the people behind the business.

"One would assume that businesses that have these tongue-in-cheek names are also a little bit more fun to be around," he said.

TREVOR GREENWAY/METRO IN OTTAWA

Kid-centric brands fuming over e-cigarette flavours

Flavoured electronic cigarettes have sparked anger, with the Girl Scouts calling the Thin Mint flavour "deceitful and shameless." THE ASSOCIATED PRESS FILE

Owners of brands geared toward children of all ages are battling to keep notable names like Thin Mint, Tootsie Roll and Cinnamon Toast Crunch off the flavoured nicotine used in electronic cigarettes.

General Mills Inc., the Girl Scouts of the USA and Tootsie Roll Industries Inc. are among several companies that have sent cease-and-desist letters to makers of the liquid nicotine demanding they stop using the brands and may take further legal action if necessary. They want to make sure their brands aren't being used to sell an addictive drug or make it appealing to children.

The actions highlight the debate about the array of flavours available for the battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale. The Food and Drug Administration last month proposed regulating electronic cigarettes but didn't immediately ban fruit or candy flavours, which are barred for use in regular cigarettes because of the worry that the flavours are used to appeal to children.

It's growing pains for the industry that reached nearly $2 billion US in sales last year in the face of looming regulation. E-cigarette users say the devices address both the addictive and behavioural aspects of smoking without the thousands of chemicals found in regular cigarettes.

There are about 1,500 e-liquid makers in the U.S. and countless others abroad selling vials of nicotine from traditional tobacco to cherry cola on the Internet and in retail stores, often featuring photos of the popular treats. Using the brand name like Thin Mint or Fireball conjures up a very specific flavour in buyers' minds, in a way that just "mint chocolate" or "cinnamon" doesn't.

"Using the Thin Mint name — which is synonymous with Girl Scouts and everything we do to enrich the lives of girls — to market e-cigarettes to youth is deceitful and shameless," Girl Scouts spokeswoman Kelly Parisi said in a statement.

THE ASSOCIATED PRESS

'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus on agility but no large-scale reductions are planned, the company's new chief executive says.

Rogers president and CEO Guy Laurence spent Friday telling the company's workforce and reporters Rogers will untangle organizational structure that he likened to a bowl of "cold spaghetti" so it can be better at meeting the needs of customers.

"When you remove overlap and reduce bureaucracy, and you create agility, then it takes less people in management. So there will be job losses at the management level. No doubt of this," Laurence said. "But because this is not a cost story, I don't have a dollar value or a number of people. I don't even have the vaguest idea in my head what that might be."

Laurence said he doesn't expect job losses among the company's front-line employees and "in fact, I see investment in that area." THE CANADIAN PRESS

Shopping. Feel like you're being followed? You are ... but not by a store clerk

You're not being paranoid. You are being tracked at the mall, via your smartphone.

Analytics — finding patterns in recorded data — has long been a major part of e-commerce. Now, brick-and-mortar stores are tracking you, too.

The Silicon Valley, Calif., start-up RetailNext uses algorithms to interpret data taken from surveillance video cameras and smartphone trackers installed inside some of North America's biggest retailers.

The video cameras and Wi-Fi trackers can tell store owners details, like how long a customer spends looking at a specific pair of jeans. Wi-Fi trackers, which can be set up on store shelves, gather data by automatically activating and reading anonymous identifiers in customer's smartphones.

THE CANADIAN PRESS

Your Premiere Awards Centre
Quality you can count on since 1977
Bazaar & Novelty REGINA
Huge Selection Of Customizable Promotional Products for Corporate, Academic And Sports Teams:
Trophies, Medals, Awards, Gifts, Apparel And Uniforms!
Embroidery • Silk Screening • Engraving
Photo Imaging and more...
2424 Dewdney Avenue
306.525.3541 • Fax 306.781.7160
TOLL FREE 1.800.463.3541 • bazaar.novelty@myaccess.ca

APPLAUSE OWED TO OBSERVERS

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

Trying to find Sen. Raynell Andreychuk in the thick of Sunday's Ukrainian election was as difficult as trying to secure democracy in a nation that has seen political struggle after struggle for generations past.

When the connection was finally made, it was understandable that Saskatchewan's senator hardly had time for an interview. It was nearly election day in Ukraine. And the senator's schedule did not leave a second to spare.

"It's changing hour by hour, day by day," Andreychuk said of the election.

"They need this vote to stabilize the country."

Andreychuk led Canada's observation missions for the 2010 and 2012 elections in Ukraine. She is leading this one as well, with former Ontario premier Mike Harris. Andreychuk says Ukrainians — in Canada and in Ukraine — are weary of crisis after crisis and simply want to get on.

If accepted and unchallenged, this vote will help restore the stability Kyiv needs. The country has had to bear confusion and dismay since its parliament ousted Viktor Yanukovych from the presidency on Feb. 22. Another crisis was triggered when Moscow stealthily annexed Crimea.

The outcome of this election is crucial. It will boost solidarity and pride, and perhaps shine a brighter, more hopeful light on the future. Faith for reform in Ukraine dimmed rapidly after the Orange Revolution of 2004. A recognition of Ukraine's solidarity now should optimistically ease tensions with Russia.

"There is a great Saskatchewan connection here," Andreychuk said.

Close to 400 election observers from Canada are witnessing this vote. Andreychuk said many have approached her and spoke of Saskatchewan as one of the beacons for Ukrainian immigrants — now and over the generations. Indeed, many families homesteaded in this province.

Andreychuk, who hails from Saskatoon, is a lawyer, former judge and former ambassador. She is the chairwoman of foreign affairs and international trade.

Andreychuk has been an ideal representative for Canada in Ukraine, not only because of her roots, but because of the compassion she delivers for Ukrainians and Ukrainian-Canadians alike.

Comprehending the election results will be difficult. There might have to be a second ballot in June. When I finished my observation mission in 2012, I was genuinely confused as to who had won — despite media reports and results, which made no sense at all.

For the observers who have taken time away from work or family, Andreychuk respects every last one of them.

"They're doing something significant, she said. "Especially for Ukraine."

Christina Cherneskey is news director at 620-CKRM in Regina

ZOOM

Glacier recedes at unglacial pace

The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmshurst, Jasper National Park's resource conservation manager.

The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

- "I think long term it's not good news at all," said Wilmhurst."Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP
FILL SCREEN WITH IMAGE TO SCAN
METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on page 4 in News, page 9 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

Worth mentioning. PetMatch app aims to be a man's best friend

New phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great-news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/ METRO WORLD NEWS

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

See that symbol? It means you can scan the photo below with your Metro News app to see a clip from Xavier Dolan's new film Mommy

Ebooks

The Mozart Project

By. By James Fairclough & Harry Farnham

iPad/iPhone

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's X-Men: Days of Future Past debuted with $91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure Godzilla, which earned $31.4 million in its second weekend, according to studio estimates.

Days of Future Past is the second-highest opener in the X-Men franchise.

THE ASSOCIATED PRESS

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker

Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

Canadian director Xavier Dolan won the Jury Prize for his film Mommy at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama Winter Sleep.

Dolan so was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (Goodbye to Language), 83, was the oldest.

Dolan was very emotional when he went on stage, having to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think of this mythical room is overwhelming," he said.

"I am lost in gratitude thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carolle Brabant, issued a statement congratulating Dolan for winning the award.

Dolan is no stranger to the Cannes festival.

In 2009 he made a splash with his directorial debut, I Killed My Mother, written when he was just 17. The film — a semi-autobiographical story about a boy discovering his homosexuality and battling with his mother — reportedly earned an eight-minute standing ovation at the festival and ultimately won three awards in the Director's Fortnight program.

Dolan's list of films also include Heartbeats (Les Amours Imaginaires) (2010); Laurence Anyways (2012) and Tom at the Farm (Tom à la ferme) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie Misericorde in 1994, and the divisive 2008 horror film Martyrs in 2008.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- Palme d'Or: Winter Sleep, Nuri Bilge Ceylan
- Best Director: Bennett Miller, Foxcatcher
- Best Actor: Timothy Spall in Mr. Turner
- Best Screenplay: Andrei Zvyagintsev and Oleg Negin for Leviathan

Julianne Moore wins Best Actress for Cronenberg satire

Julianne Moore GETTY IMAGES

Julianne Moore won the best actress prize at the 67th Cannes Film Festival Saturday for her role as a shallow starlet in Canadian director David Cronenberg's biting Hollywood satire Maps to the Stars.

In the film, the 53-year-old redhead plays an aging actress feeling increasingly sidelined by an industry obsessed with youth.

When the young son of a rival for a new film role is killed in a freak drowning accident, Moore does a dance of joy that remained one of the enduring shocks of this year's festival.

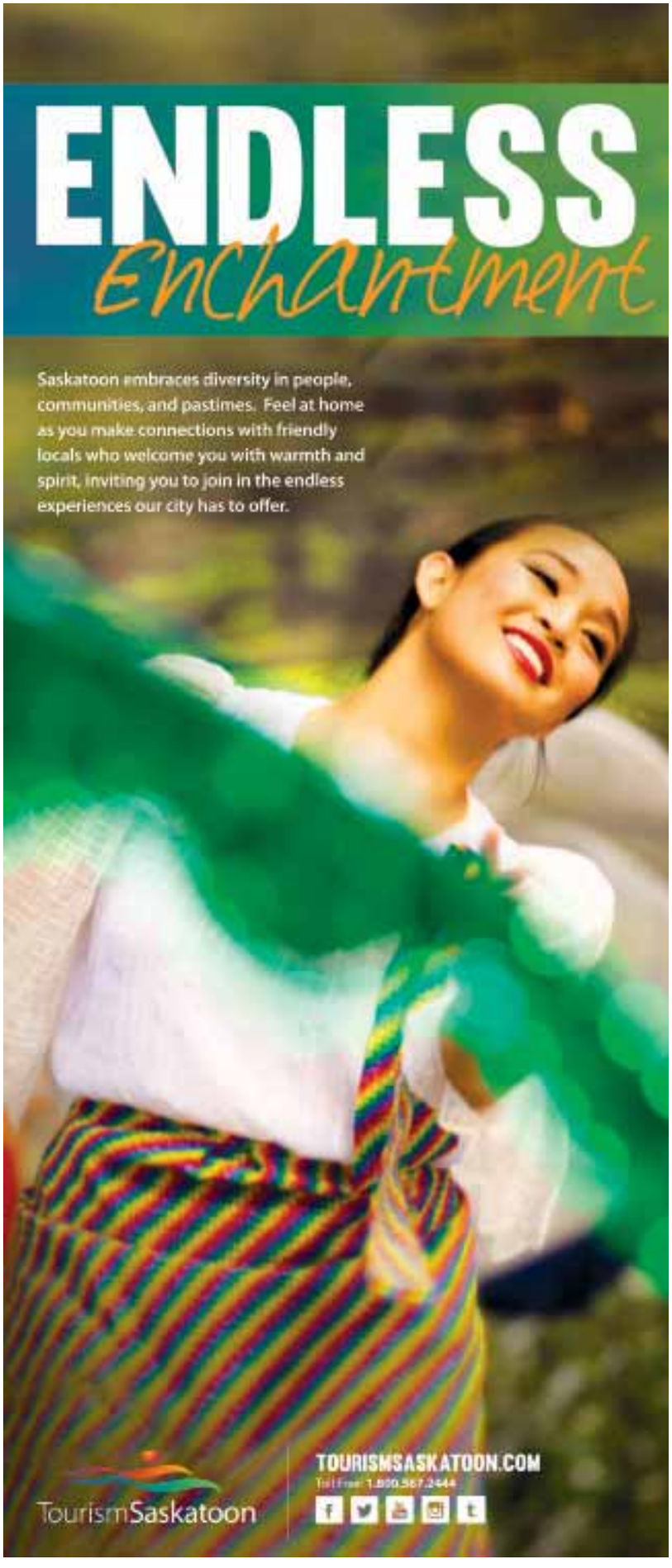
"Vive Los Angeles, vive David Cronenberg, vive Julie Moore et vive la France," the film's screenwriter, Bruce Wagner, said as he picked up the trophy for Moore, who was not in Cannes.

Moore has played everything from a porn star to an FBI agent in her 20-year film career, a career that has already brought four Oscar nominations, two Golden Globes and a Primetime Emmy to her name.

Her best-known films include 1998's The Big Lebowski, Crazy Stupid Love (2011) as well as The Hours and Far From Heaven, both from 2002.

Those last two helped her join the elite club of actors to score two Oscar nominations for different films in the same year. She also scored Academy Award nods for Boogie Nights (1997) and The End of the Affair (1999).

Moore won a Golden Globe and an Emmy for portraying Sarah Palin in 2012's Game Change, about Republican John McCain's doomed 2008 White House run with the former Alaska governor as his gaffe-prone running mate. AFP


ENDLESS
Enchantment
Saskatoon embraces diversity in people, communities, and pastimes. Feel at home as you make connections with friendly locals who welcome you with warmth and spirit, inviting you to join in the endless experiences our city has to offer.
TourismSaskatoon
TOURISMSASKATOON.COM

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twilights out for 'too old' Pattinson

STARGAZING
Malene Arpe
scene@metronews.ca

Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old" Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabby stabby stabby, beautiful language" That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication 1) Justin Bieber is reportedly finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled Awww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.

Kim Kardashian and Kanye West GETTY IMAGES

Kanye leaves wedding guests in altar-ed state with grandiose speech

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the world a better place." West "went on and on about the culture of being in the limelight and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"

Unhappily Eva after losing role to Chastain

Eva Mendes GETTY IMAGES

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in Zero Dark Thirty," a source tells Radar Online. "Eva desperately wanted to be considered for the part, as she's tired of being typecast as a love interest and wants to be a leading lady." Complicating matters is the fact that the actresses reportedly share a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated," the source says.

Six signs you're a shopaholic

Spending like a drunken sailor? Figure out how to say bye-bye to buy-buy binges

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Bagged again? Perhaps it's time to give shopping the sack. ISTOCK

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy … well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centimetre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A $5,000 credit limit means you have $5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Keep the little sprouts on veg

Want your Swee'Pea to eat her spinach and all the other veggies that are good for her? Don't tell her it will make her as strong as Popeye. ISTOCK

A recent study led by Dr. Ayelet Fishbach of the University of Chicago's Booth School of Business indicates that children who are told certain foods will make them stronger, smarter or taller are less likely to want to eat them.

"We propose that young children infer from messages on food instrumentality that if a certain food is good for one goal, it cannot be a good means to achieve another goal," Fishbach explains in an article slated for publication in the October 2014 issue of the Journal of Consumer Research.

"As such, if food is presented as making them strong … these children will conclude the food is not as tasty, and will therefore consume less of it."

In short, the study concludes that the best way to foster healthy eating habits in young children is to avoid telling them how fruits and vegetables will make them stronger, taller or smarter.

To reach these findings, researchers carried out five experiments on a sample population of 270 preschool-aged children (ages three to five). The study found that children ate more of a food when it was presented without commentary or when it was presented simply as tasty, without any indication of its "usefulness." AFP

Turn over healthy leaf

- **Meanwhile, a separate study published last year in the journal Psychological Science found that teaching kids about nutrition through books could boost their vegetable intake.**
- **Scientists from Stanford University found even very young children, aged four and five, could benefit from a conceptual framework that encourages them to understand why eating a variety of foods is healthy, the researchers said.**
- **Over time, kids chose to eat more vegetables.**

Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals

Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. – Lesley-Anne Scorgie/For Metro

Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK

Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing.
- Total household income: $110,000.
- Life stage: Expecting their first child in June.
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
- Current net worth: $86,000
- Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately $200,000. She also signed up for $500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives $15,000 for Peter and $7,500 for their child, should either pass away. Her new insurance plan costs $35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those policies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance, it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately $18,000. These funds would eliminate the couple's debts.

Homework:
Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Peter recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing.
- Total household income: $62,000.
- Life stage: Three daughters ages six, three and one.
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,000
- Homework from May: File their taxes, create a plan for their tax return and look for a home.

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Carolina's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Carolina with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was $250,000. Jose's parents gave them $25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Carolina used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:
The focus for Carolina and Jose throughout June is to pack up and move into their new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

Earn up to $150 with Tangerine.

$50* when you open your first Chequing Account by June 30.

$50* when you switch your pay by July 31.

$50* when you open your first Savings Account by June 30.

Plus, get a **2.50%*** interest rate on new savings deposits made until July 31.

It's that simple.

Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank. * To qualify for the Bonuses available under the Tangerine $150 Offer and the Tangerine Savings Interest Rate Offer, Clients must meet the Offer requirements as set out at **Tangerine.ca/bonus150**.

Rounding out the sweetness of shrimp

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

A skewered shrimp kebob is a great appetizer or main course, especially when served over top a bed of tender spaghettini.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghettini recipe goes well with the sweetness of the shrimp.

Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has only 120 calories and two grams of fat and contains about one third your daily protein intake. Shrimp are also an excellent source of selenium and vitamin B12. You can also use a variety of fish such as scallops, or a firm white fish such as swordfish, cod or halibut.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghettini
- 2 tsp sesame oil

Nutritional information

Per serving (four skewers)

- **Calories.** 263.5
- **Carbohydrates.** 40.7 g
- **Fibre.** 5.6 g
- **Protein.** 20 g
- **Total fat.** 3.1 g
- **Saturated fat.** .8 g
- **Cholesterol.** 128 mg
- **Sodium.** 376 mg

Directions

1. Thread the 16 medium, peeled and deveined shrimp onto the skewers.

2. Combine the apricot jam, oyster and hoisin sauce in a small bowl. Stir well and set aside half of the sauce. Brush the other half over the shrimp.

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

4. In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve over top of the pasta, drizzle with the remaining sauce and garnish with basil.

This Apricot Glazed Shrimp Skewers and Spaghettini recipe makes 16 skewers. ROSE REISMAN

Professor, please give me a positive plug

Academic references. When you need your teacher to vouch for you, make sure you reach out with respect

LAKSHMI GANDHI
Metro World News

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them. Because writing detailed recommendations can be very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.

Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you. ISTOCK

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog Thoughts on Teaching.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing. While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't have time to do them all."

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time-consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

Ask in person

Schedule a meeting with your professor so you can discuss the schools you are applying for, your goals, and why you want to go to grad school. Making a request for a recommendation over email or just after class can seem too casual and rushed.

Dodd adds that you should also tell your professor why you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

Give them all the information they need

Make a folder with a copy of your resumé, a note with all of the classes you took with the professor with the semester listed, and a list of all of programs you're applying to.

metro
HEALTH-CARE CAREERS
Monday, May 26, 2014

Prescription: Fill these positions

A physiotherapist works with patients who have limited mobility due to pain, injury or disease. Careers in physiotherapy are expected to be in high demand in coming years. SHUTTERSTOCK

PAULINE ANDERSON
For Metro

Next to the oil industry, the health-care field is probably the biggest growth area in terms of future job prospects across Canada.

As the population ages and retires, the demand for skilled health-care professionals will steadily increase, experts predict. Health-care-related positions consistently lead the list of top jobs across the country compiled regularly by Canadian Business magazine using Statistics Canada data.

Here are some of the health professions projected to be in greatest demand in coming years:

Registered nurses: Of all the medical professions likely to be sought after in the future, nursing could be at the top of the list. A 2009 report by the Canadian Nurses Association predicted that if action isn't taken right away, the shortage of registered nurses, who perform all manner of hands-on bedside health care, will climb to almost 60,000 by 2022.

Dental hygienist: These professionals clean and scale teeth, take X-rays, provide fluoride treatments and oral hygiene information to patients as well as assist dentists during procedures. Students typically must complete a three-year diploma course before being eligible to become a registered dental hygienist in the field.

Radiation technologist: Demand for these technologists, especially those with more advanced diagnostics and medical imaging skills, will increase as use of technology in the field of medicine soars. They operate X-ray, radiographic, fluoroscopic and radiation detection equipment.

Respiratory therapist: These medical professionals diagnose and treat airway-related health issues. Prospective therapists complete a three-year community college program and pass a certification exam to become a registered respiratory therapist (RRT).

Early Detection.
Rapid Intervention.
Critical Thinking.

Registered nurses are vital to patient safety.

Facebook.com/SUNnurses
@SUNnurses

Expert training. Expert care.
makingthedifference.ca

A personal approach

Radiologists. Integral part of the health-care team that studies, diagnoses and treats

JANE DOUCET
For Metro

Diagnostic radiology uses body-imaging techniques to study, diagnosis and treat diseases and other health conditions. According to the Canadian Medical Association, there are more than 2,300 diagnostic radiologists practising in Canada.

Dr. Jacques Lévesque, the president of the Canadian Association of Radiologists, graduated in diagnostic radiology from McGill University in 1981, then worked as an interventional radiologist in Quebec City and Ste-Foy, Que.

From 1998 to 2004, he was chief of the radiology department at the Centre hospitalier universitaire de Québec.

Today, Lévesque is a clinical professor of radiology at the Université of Laval and the medical director of the Clinique radiologique de la Capitale in Quebec City. The biggest change he has seen during his 33-year career has been the technological advances in the imaging equipment used to detect things like tumours, cysts, broken bones, blocked arteries and pneumonia.

The enhancements to X-rays, mammograms, ultrasounds, CT, MRI and other imaging equipment has meant that radiologists are better able to make an accurate diagnosis at an earlier stage of the disease or condition.

Another change is that radiologists have more direct contact with patients.

"The radiologist is an integral part of the team overseeing patients," he said. "I think patients appreciate it when their radiologist speaks to them directly."

Lévesque finds radiology interesting because it covers all parts of the body. He also likes working with patients' family physicians and specialists.

But he especially enjoys what he calls "personalized medicine," when he and his patients get to know each other. "The more personal approach you take with patients the more you get back from them."

Due to technological advancements, radiologists are better able to make an accurate diagnosis. SHUTTERSTOCK

Schooling and training

- After graduating from medical school, it takes another five years of residency training to become certified in diagnostic radiology. The residency may be followed by one or more years of fellowship subspecialty training.

Uof S Nursing

Have you considered becoming a nurse? Work in a hospital, school or care home; in public health or in a rural community; as a researcher, professor, policy maker or health region CEO.

The University of Saskatchewan, College of Nursing delivers a variety of nursing programs designed and taught by expert faculty. We are a nursing community working together to make a difference locally, provincially and around the world.

Undergraduate Graduate Continuing Education

Learn Where You Live

Saskatoon • Regina • Prince Albert • Northern SK • Yorkton

usask.ca/nursing

University of Saskatchewan
College of Nursing

Along with traditional jobs such as registered nurse and dental hygienist, demand is also expected to remain strong for new and emerging careers in the health-care field. SHUTTERSTOCK

Demand for new, emerging careers

PETER DOYLE
For Metro

More analysts are predicting that the health-care sector will continue to generate a wealth of jobs over the next 25 years. SHUTTERSTOCK

Many Canadians are considering careers in health care, as more analysts predict that the sector will continue to generate a wealth of jobs over the next 25 years.

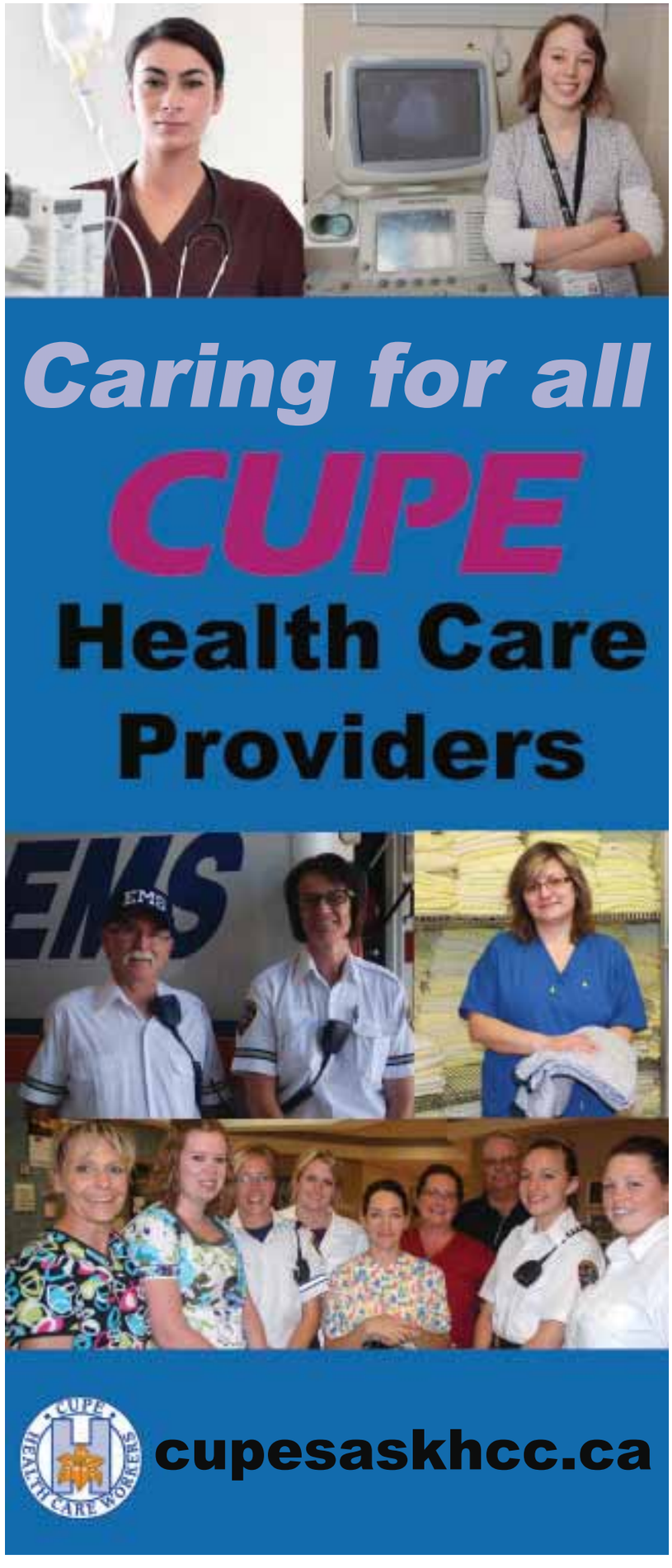
Feeding the trend is a constellation of factors, including an aging population, the growing number of effective therapies and diagnostic tools, and increased public awareness of what it takes to remain healthy. Given these realities, it should come as no surprise that Canadian Business magazine's list of the top 10 jobs by demand by 2020 includes three in the health-care sector.

Along with traditional jobs such as registered nurse and dental hygienist, demand is also expected to remain strong for new and emerging careers, such as dietician, care co-ordinator and health-policy specialist. As provinces scramble to meet rising costs, many are assigning work once done exclusively by doctors to nurses, nurse practitioners and medical technologists. Navigating these shifting sands is a challenge not only for someone building a career, but also for those who prepare people to enter the workforce.

"With the increased volatility of the job market, it's challenging for universities and colleges to design programming," said David Rodas-Wright, the University of Ottawa's employer relations co-ordinator.

A former recruitment specialist in the legal sector, Rodas-Wright has spent 10 years working with employers to ensure that University of Ottawa graduates can access successful careers. He believes success depends largely on how much effort a person invests in learning about particular sectors and jobs.

"Job trends come and go," Rodas-Wright said. "And there's no sense chasing them when you make a multi-year commitment to a university or college program. I encourage people to learn as much as possible about what's out there. Attend job fairs, ask lots of questions, take advantage of co-op and volunteer opportunities. Find out what people actually do and what appeals to you. You have to build your own career."



Oil Kings upset Storm to win Memorial Cup

CHL championship. Edmonton captures junior title behind two goals and three assists tallied by Samuelsson

DAVE LANGFORD
Metro in London, Ont.

The coach of the Edmonton Oil Kings did not have enough adjectives to use to describe his team after winning the Memorial Cup on Sunday in London, Ont.

"We're just resilient, gutsy, courageous, dynamic. What do you say about these kids?" Oilers coach Derek Laxdal said. "They weren't picked to be here and we're here, we won it and we're champions."

Pretty simple when you break it down that way, but not so easy when you form your game plans against one of the best junior hockey teams in the country in the Guelph Storm.

But to a player, they all gave Laxdal credit after the Oil Kings upset the Storm 6-3 to win their first Memorial Cup in the current version of the Edmonton franchise.

Laxdal and the players shared this win with their late teammate, Kristian Pelss, who passed away last year after a diving accident back in his home country of Latvia.

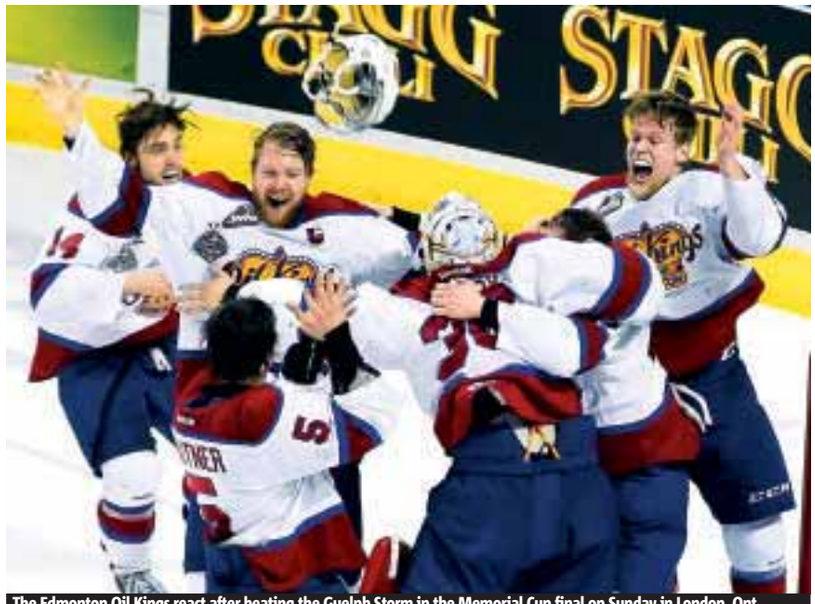
"There is a lot of deep feelings for Kristian," Laxdal said. "The guys responded. But you know what? These kids did it for each other in the dressing room, too. Kristian was looking at us from above and he was shining down when we needed him."

Henrik Samuelsson, the scoring star of the game for the Oil Kings, agreed with his coach.

"Everyone knows about the passing of Kristian Pelss and he was a good buddy of mine. I know he was watching over us today and definitely had a part of it," Samuelsson said.

Samuelsson had two goals, including one into the empty net, and three assists. Edgars Kulda added a goal and two assists and Cody Corbett, Tyler Robertson and Mitch Moroz added singles. Goalie Tristan Jarry had a strong game, making 32 saves.

Robby Fabbri, Stephen Pierog and Zack Mitchell scored for the Storm, which had won three straight games before losing their first game in the championship final. Goalie Justin Nichols had trouble with the high shot, but did make 40 saves.



The Edmonton Oil Kings react after beating the Guelph Storm in the Memorial Cup final on Sunday in London, Ont.
BRUCE BENNETT/GETTY IMAGES

Memorial Cup final

Oil Kings	Storm
6	3

MLB

Dodgers' Beckett no-hits Phillies

Josh Beckett pitched the first no-hitter of his stellar career and the first in the majors this season, leading the Los Angeles Dodgers over the Philadelphia Phillies 6-0 on Sunday.

Beckett struck out six, walked three and didn't come close to allowing a hit against a lineup that included two former NL MVPs and four former all-stars.

The 34-year-old right-hander, whose career was almost derailed last year by a nerve condition that left him unable to feel his fingertips, threw 128 pitches and fanned Chase Utley on a called strike three to end the game.

THE ASSOCIATED PRESS

French Open

Raonic off to solid start in Paris

Milos Raonic hopes his recent success on clay leads to a long run at the French Open.

The Canadian star won his opening match at the second Grand Slam of the year on Sunday, beating Australian wild card Nick Kyrgios 6-3, 7-6, 6-3 to reach the second round.

Raonic, the eighth seed from Thornhill, Ont., needed exactly two hours to eliminate Kyrgios.

Raonic, who came to Roland Garros from a Rome semifinal last weekend, finished with 50 winners and 30 unforced errors, breaking on four of 10 chances.

THE CANADIAN PRESS

How sweep it is: Blue Jays break out brooms vs. A's

Left-hander J.A. Happ pitched seven scoreless innings and Edwin Encarnacion homered as the Toronto Blue Jays defeated the Oakland Athletics 3-1 on Sunday to extend their winning streak to a season-best six games.

The Blue Jays (29-22) have won 16 of their past 21 games to occupy first place in the American League East. The Athletics (30-20), who lead the AL West, have lost four in a row.

Happ (4-1) allowed four hits and three walks while striking out seven in his longest outing of the season.

On Sunday

Blue Jays	Athletics
3	1

Dustin McGowan replaced Happ in the eighth and allowed Josh Donaldson's 11th homer of the season. Casey Janssen pitched the ninth inning to earn his seventh save in as many tries this season.

A's left-hander Drew Pomeranz (4-2) allowed five hits, four walks and two runs in four-plus innings.

The Blue Jays did not have a hit until Encarnacion homered to left on a 2-2 fastball with one out in the fourth. It was his 14th of the year and the 12th of the month, tying him with Jose Bautista for the team record for homers in May. The run also snapped a string of 18 consecutive runless innings for Pomeranz.

Reyes finished the game with three steals, tying a career best for the shortstop, who has done it eight times.

THE CANADIAN PRESS

Hunter-Reay edges Castroneves

Ryan Hunter-Reay cools off with a bottle of milk after winning the Indianapolis 500 on Sunday. Hunter-Reay passed Helio Castroneves on the final lap to deny the Brazilian a record fourth Indy 500 win and became the first American since 2006 to win "The Greatest Spectacle in Racing." Scan the image for a gallery of the 98th running of the 500-mile race. JONATHAN FERREY/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

♉ Taurus
April 21 - May 21
The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

♊ Gemini
May 22 - June 21
For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

♋ Cancer
June 22 - July 23
Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

♌ Leo
July 24 - Aug. 23
There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

♍ Virgo
Aug. 24 - Sept. 23
People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

♎ Libra
Sept. 24 - Oct. 23
Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

♏ Scorpio
Oct. 24 - Nov. 22
What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

♐ Sagittarius
Nov. 23 - Dec. 21
The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

♑ Capricorn
Dec. 22 - Jan. 20
If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

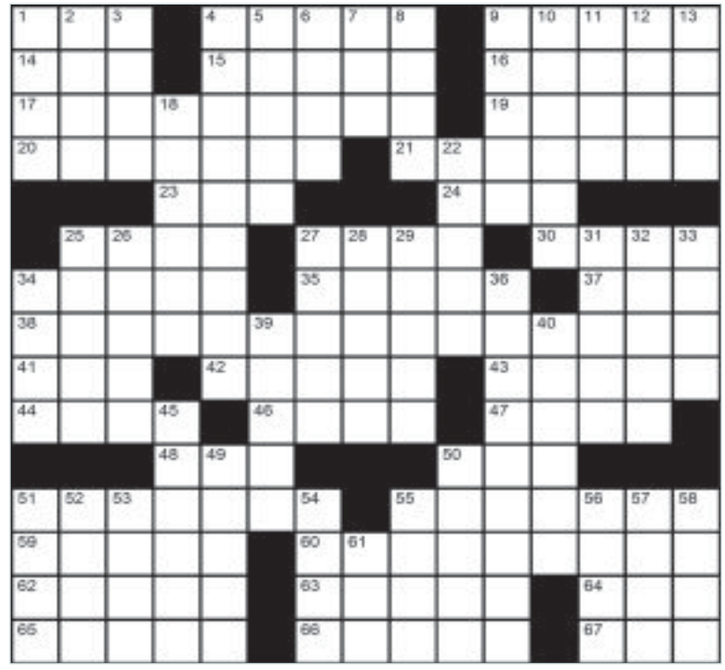
♒ Aquarius
Jan. 21 - Feb. 19
You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

♓ Pisces
Feb. 20 - March 20
You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people you have done favours for who would like nothing better than to return the compliment. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



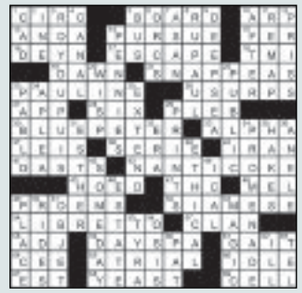
Across

1. Letters-in-a-row
4. Charles Dickens novel, __ House
9. Actor Jimmy
14. Some vowels
15. Big Wreck's "The __ (__ Luck Is Wasted)"
16. Army academy attendee
17. Edmonton: LRT Service = ___ Transit
19. Canadian doctor, the 'Father of Modern Medicine', William __ (b.1849 - d.1919)
20. Bird: French
21. Stratford, ON born single-named songstress
23. 'Meth' suffix
24. Depleted
25. Bell town in a Longfellow poem
27. Winter reminder in the garage
30. Large amount
34. Cartoons voicer Mel
35. Music chord type
37. "The Simpsons" character
38. Sitcom starring Barbara Eden: 4 wds.
41. Become
42. __-ovo vegetarian
43. Just starting something out: 2 wds.
44. Iron and Lead
46. Vodka brand
47. Farm team
48. Founded, briefly
50. Caf' serving
51. Remove, as a necklace
55. Painter Mr. Monet's
59. Map items
60. Alternative medicine practitioner
62. Cultural standards
63. __ Lama
64. 'Serpent' suffix
65. James' role in "The Godfather" (1972)
66. Bagpipes sound
67. Tree's 'liquid'

Down

1. __ Alto, California
2. Prince Harry's grandmother, briefly
3. Cheats
4. St. Albert, AB, 'The __ Arts City'
5. Johnny __ (John Candy "SCTV" character)
6. Internet-sent transmission
7. Pierre's pal
8. Mr. MacLachlan
9. Director Ridley
10. Pulverizes potatoes
11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel __ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type
26. __ au sucre (Quebec dessert 'sugar pie', in French)
27. Toronto __ Exchange
28. Elevated
29. Savour
31. "__ __ talk?" (Joan Rivers' classic catchphrase)
32. Concerning bees
33. Two singers/One song
34. The ___ (Nickname of Montreal's 1976 Summer Olympics stadium)
36. Canadian-invented product in the pantry: 2 wds.
39. Boat poles
40. TV: "After the break...": 2 wds.
45. "Cityline" guest expert, Kimberley __ (Interior Designer)
49. Cheeky
50. Cloudiness of vision
51. Scottish musician Midge's
52. Say __ __ (Refuse)
53. Lyricist Sammy
54. High degs.
55. Gladiator's 951
56. Podium
57. Cirneco dell'__ (Dog breed)
58. Elvis dog song: "Old __"
61. Acorned tree

Yesterday's Crossword



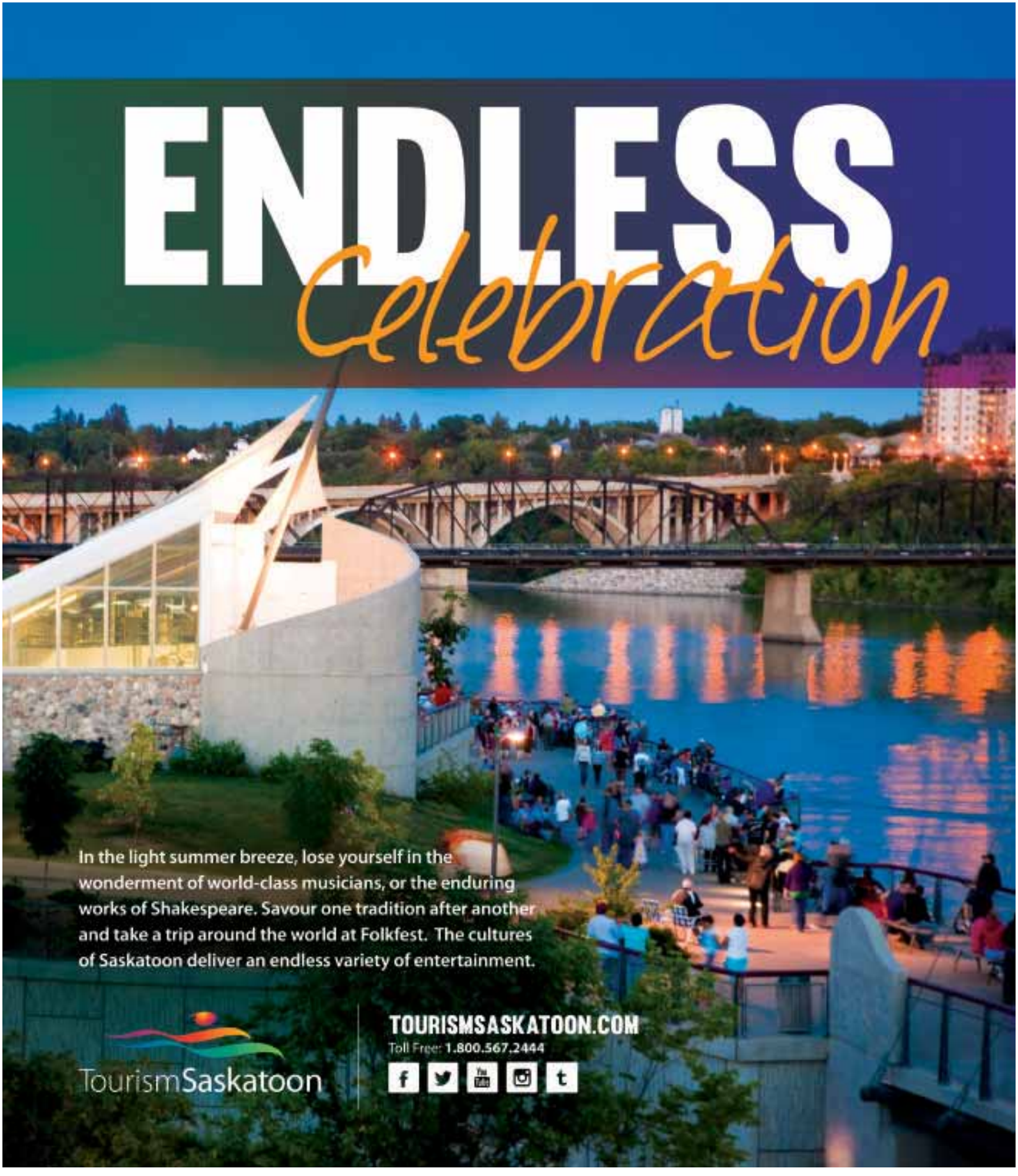
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	9	2	7	1	6	4	8
1	4	7	6	9	8	2	3	5
8	2	6	3	5	4	1	9	7
2	1	8	9	6	7	3	5	4
5	9	4	1	8	3	7	6	2
7	6	3	5	4	2	9	8	1
6	3	2	4	1	5	8	7	9
4	7	1	8	3	9	5	2	6
9	8	5	7	2	6	4	1	3

Tangerine
Forward Banking


ENDLESS
Celebration
In the light summer breeze, lose yourself in the wonderment of world-class musicians, or the enduring works of Shakespeare. Savour one tradition after another and take a trip around the world at Folkfest. The cultures of Saskatoon deliver an endless variety of entertainment.
TourismSaskatoon
TOURISMSASKATOON.COM
Toll Free: 1.800.567.2444